

Our Weekly Health Talk

By DR. H. R. DANIELS, Editor "The Hygienist."

Typhoid Fever—How It Is Brought About, How It Is to Be Avoided

Typhoid fever is a germ disease; its various symptoms are the result of the successful invasion of the body by the typhoid bacillus. However, just as is the case in all of our common germ diseases, a breaking down of the natural disease-resisting power of the body must precede the actual disease. While the germ is necessary to the disease, these things which get the body in such a condition that the germ may successfully attack it, are also important causes of the disease.

The man who is going to have typhoid fever in the spring is laying the groundwork for the disease months before the attack, during the winter. Typhoid fever originates in the small intestine, hence we must look to abuses of that organ as its first cause. For months preceding the attack the typhoid fever victim-to-be is over-eating; he is eating more food than he can digest and use up; he is also eating indigestible foods, too much fried foods, often too much sweets. As a result of these harmful habits of eating there is more or less irritation to the small intestine from the fermentation and putrefaction of the unused food.

As the spring comes on and the warm weather makes it impossible for the body to use up the usual amount of winter food, the man who

is going to have typhoid fever fails to cut down on his heavy foods; thus he continually increases the amount of unused food in the intestines and the irritation from the fermenting and decomposing food. After the intestines and the body at large have been gotten into a state of lowered resistance in this way, the germ is taken in with food or water, and finding conditions favorable for its growth and development, takes up its abode in the intestine, and brings about the actual.

We should have pure food and water; we should avoid as far as possible taking germs into the body. But just as important, we should eat food that is readily digested, and no more than we really need. In this way we can keep the intestine and the body in such condition as to successfully defend itself against germs. In large epidemics of typhoid fever only a small per cent of those using the polluted water or food ever really contract the disease. Those who do fall victims have for months previously been getting in condition to be sick.

There are two kinds of insurance. Chilcote writes the kind that pays 685 Main.

Herald want ads bring results.

Hotel Arrivals

White Pelican

J. M. Bedford, Klamath Agency; Jas. T. Chinnock, Salem; D. B. Conrad, Paisley; J. P. Wise, Dorris.

Hotel Hall

Saturday—Mr. and Mrs. Andrew Dexter, J. R. Howison, Algoma; Edson I. Foulke and son, Gazelle; Miss Cough, M. Cough, Dr. and Mrs. Cough Recreation; Volney Dixon, E. L. Baldwin, Medford; Dr. R. R. Hamilton, wife and daughter, city; J. L. Worlow, Malin.

Sunday—J. M. Holman, Chas. Hord, Levi Walker, Yainax; Harbaugh Jones, W. Jones, Jacksonville; John McCray, Bakersfield; Edson Watson, Lakeview; W. B. Freer, W. E. Baker, Agency; O. E. Jacobs, Seattle; J. Murphy, San Francisco; M. Talbott, Portland; Mrs. Walter Dixon, Fort Klamath; Florence Kidd, Roseburg, Ore.; A. M. Hamm, J. E. N. Phelan, Bakersfield; R. A. Young, Medford.

Notice

Sealed proposals for the nursing of the county's sick at the infirmary for the year beginning November 1, 1914, will be entertained by the County Court up to October 15, 1914. The successful bidder will receive free board and lodging.

W. S. WORDEN,

County Judge.

N. S. MERRILL,

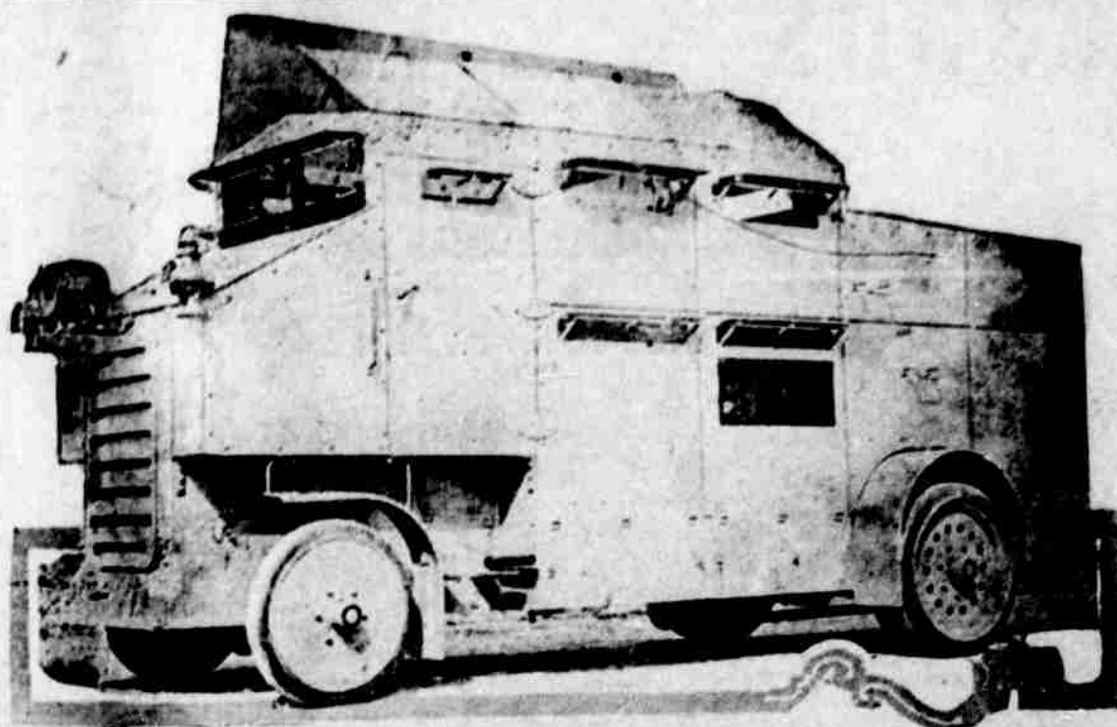
County Commissioner.

JOHN HAGELSTEIN,

County Commissioner.

2-61

New British War Automobile Built for Attack on Uhlans



This engine of war was built for the use of the British Army in the campaign against the Germans. It has been used against the raiding Uhlans by the British with considerable effect. When the Germans began their raids into Belgium and France they had companies of Uhlans far ahead of their armies, and the allies were not able to stop them. With the use of this armored automobile, which holds twenty men with rifles. It was hoped with this machine to clear the country in advance of the German army.

SOME MINOR WAR NEWS FROM EUROPE

LITTLE STORIES FROM THE FRONT THAT ARE COMING IN THROUGH THE CAPITALS OF THE NATIONS NOW FIGHTING EACH OTHER—SOME ARE TRIVIAL, BUT ALL ARE INTERESTING AT THIS TIME.

United Press Service

FOLKSTONE, England, Oct. 5.—The following is told by a wounded British officer just returned from the front, of an episode of the fighting by the British in the trenches near Cambrai.

"It was dinner time. But in this war there is no dinner rush from 12 to 1. The shells continued to roar, but fifty yards behind the trench, screened by a belt of trees, the battalion reserves had their fires alight and employed their time cooking dinner for the battalion. That was all very well. But fifty yards of shell-swept ground between left the men in the trenches a plaguy way from their dinner. Fortunately the front was clear for a short time of hostile infantry. An officer called for volunteers.

"Immediately a host of volunteers sprang up. Away they raced to the belt of trees and returned triumphant with mess tins riddled with shrapnel bullets and some of their number on the ground, but with dinner for the famished battalion. The men who fetched David the water from the well of Bethlehem were no mightier men of valor."

United Press Service

LONDON, Oct. 5.—Mrs. Strange, stewardess of the Princess Ladies' Golf club, Mitcham, has no fewer

than twenty-one near relations on active service with the fleet. Her husband, a pensioner, is captain-steward at Davenport barracks. She has six brothers afloat, two brothers-in-law and twelve sailor first cousins. Eight of her uncles are naval pensioners. Her father, Thomas Rees of Davenport, is a Crimean veteran, and one of her grandfathers also served through the Crimean War.

Notice

Sealed proposals for the medical treatment of the inmates of the County Infirmary for the year beginning November 1, 1914, will be received by the County Court up to October 15, 1914. The successful bidder to supply necessary drugs, etc.

W. S. WORDEN,

County Judge.

N. S. MERRILL,

County Commissioner.

JOHN HAGELSTEIN,

County Commissioner.

2-61

Who are the Mutual Girl and her Auntie?

Lane county officials are planning a road from Coburg north to cost \$30,000.

It is said that about 1,400 earthquakes were felt in Japan last year.

Advertised Letters

The following unclaimed mail matter advertised on the 3d day of October, will be sent to the dead letter office at Washington, D. C., on the 17th day of October.

Bingham, Charlie
Bennett, Everett
Bell, P.
McCotner, Bill
McCloud, George
McGregor, O. L.
McGill, Mrs. W. B.
Pietro, Belli
Reese, Oswald J.
Stewart, Harry
Stevenson, J. M. (2)
Tipton, Mrs. H. C.
Morrow, Willie
McPherson, Robert
Morford, C. L.
McNeney, Thomas
Dukette, Peter
Hilton, Chas. P.
Horney, C. R.
Holmes, Charley (2)
Conroy, Elmer

A charge of 1c will be made on all letters delivered from this list. In calling for letters please say advertised.

W. A. DELZELL, P. M.

Notice of Sale of an Impounded Animal

Notice is hereby given that on September 29th, I impounded the following described animal:

Bay mare, age 11 years, no brand Has white spot in forehead, one white foot, weight about 1,200 pounds.

Unless this animal is called for before 2 p. m. on October 5th, it will be sold at public auction to the highest bidder.

ED. OWENS,

Poundmaster.

An induction coil has been combined with gymnastic apparatus by a Pennsylvania electrician so that a person can take electrical treatment and exercise at the same time.

For sprinkling clothing before ironing there has been invented a cup with a perforated bottom, the water being released by pressing a lever on the handle.

HOW'S YOUR ROOF?

IS IT IN SHAPE FOR WINTER?

W. D. Miller

Does General Roofing and Repair Work

PHONE 187

Blockwood Theater

Featuring W. E. Seehorn in the Too Real Educational

"The Power of Cash"

It is all powerful with us, and we will deliver a load of blockwood for \$3, or a load equal to what others call a "Double Load" for \$4

PHONE 72

We Give Green Trading Stamps

A window shade bracket so shaped that a roller cannot be jarred out of it is the invention of a New York man.

Legal Notices

Notice for Publication
(Not Coal Lands)

Department of the Interior, U. S. Land Office at Lakeview, Oregon, September 11, 1914.

Notice is hereby given that Henry A. Grimes, whose postoffice address is Klamath Falls, Oregon, did, on the 11th day of May, 1914, file in this office Sworn Statement and Application No. 67533, to purchase the B $\frac{1}{4}$ SW $\frac{1}{4}$, section 3, Township 39 S. Range 10 E. Willamette Meridian, and the timber thereon, under the provisions of the act of June 3, 1878, and acts amendatory, known as the "Timber and Stone Law," at such value as might be fixed by appraisal, and that, pursuant to such application, the land and timber thereon have been appraised at a total of \$257.50, the timber estimated 355,000 board feet at \$5.50 per M, 600 juniper posts at 5c, and the land \$50.00; that said applicant will offer final proof in support of his application and sworn statement on the 8th day of December, 1914, before C. R. DeLap, county clerk of Klamath county, at Klamath Falls, Oregon.

Any person is at liberty to protest this purchase before entry, or initiate a contest at any time before patent issues, by filing a corroborated affidavit in this office, alleging facts which would defeat the entry.

JAS. F. BURGESS, Register.

10-2; 12-4 h

Summons

(No. 627 Equity)

In the Circuit Court of the State of Oregon, for the County of Klamath.

Marion A. Clement, Plaintiff,

vs.

Oscar F. North and J. W. Newhart, (doing business under the firm name, style and description of North & Newhart), co-partners, Orr Lake Lumber Company (a corporation), and Oscar Fanno, Defendants.

To Orr Lake Lumber Company, a corporation, one of the defendants above named:

In the name of the State of Oregon, you are hereby required to be and appear and answer the complaint filed against you in the above entitled cause, on or before the 5th day of November, 1914, and if you fail so to appear and answer, the plaintiff, we want thereof, will apply to the court for the relief prayed for in the complaint, which is as follows:

That four certain claims for logger's liens, filed in the clerk's office of the county court, Klamath county, Oregon, on the 18th day of September, 1914, by Marion A. Clement, plaintiff, Charles Stallworth, Ed Kelly and Joe Clement, aggregating the amount of five hundred fifty dollars and twenty cents, which last three claims for liens were duly assigned to the plaintiff, be foreclosed and judgment thereon obtained, together with seven dollars and twenty cents, clerk's filing fees, twenty-five dollars attorney's fees for preparing said claims, and one hundred dollars, attorney's fees for foreclosing the same, and for costs of suit. That the logs and lumber upon which the same is attached and held to be a valid lien, is located and situated upon the following premises, to-wit:

Beginning at cattle guard number 418A on the Southern Pacific right of way, in Section five, township forty-one, south range eight, east of Willamette Meridian, Klamath county, Oregon, extending thence southerly along said right of way one thousand feet; thence westerly and at right angles with said right of way, one thousand feet; thence northerly and parallel with said right of way one thousand feet; thence easterly to the place of beginning; and

The west half of the northeast quarter of Section six, township forty-one, south range eight, east of Willamette Meridian, Klamath County, Oregon.

That said property sold upon execution, and the proceeds applied to the payment of said sums of money above mentioned, due the plaintiff herein, and that you be forever barred and forever foreclosed of all right, title and interest in and to said property, and for such other and further relief as to the court may seem meet and as to equity appertain.

This summons is served upon you by order of the Honorable Henry L. Benson, judge of the above entitled court, which order is dated September 19th, 1914. The date of first publication is September 22d, 1914, and the last date of publication is November 4th, 1914.

MARION A. CLEMENT, Plaintiff.
W. H. A. RENNER, Attorney for Plaintiff.

25-39-7-14-21-30-4 h



LINCOLN, OUR REVERED LEADER, SAID THIS ABOUT PROHIBITION:

"Prohibition will work great injury to the cause of temperance. It is a species of intemperance within itself, for it goes beyond the bounds of reason in that it attempts to control a man's appetite by legislation, and in making crimes out of things that are not crimes.

"A prohibition law strikes a blow at the very principles on which our government was founded. I have always been found laboring to protect the weaker classes from the stronger, and I never can give my consent to such a law as you propose to enact.

"Until my tongue shall be silenced in death I will continue to fight for the rights of man."

Register Before Thursday, October 15

VOTE

333

X

NO

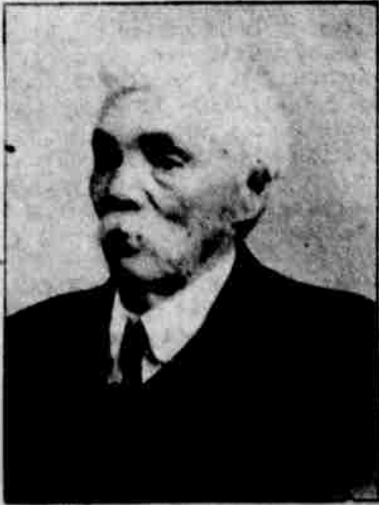
Defeat of the proposed prohibition amendment will not affect the present efficient local option or home rule law

(Paid Advertisement, Taxpayers and Wage Earners' League of Oregon, Portland, Ore.)

KIDNEY AND BLADDER TROUBLE GO QUICKLY WHEN AKOZ WAS USED

John Mahan, retired farmer and capitalist, residing at the Hotel Kanter, says that two months treatment of Akos, the wonderful California medicinal mineral, has about completely corrected his bladder and kidney trouble. He writes:

"After suffering for five years from kidney and bladder trouble, I can say that Akos has done wonders for me. My condition was made worse by my advanced years, having passed the 75 mark. I had all the distressing symptoms of the ailment. Had to get up many times during the night on account of the trouble with my bladder. My entire system felt the effects of the complication. My hands had a palsied condition, and I could not keep them still. The first two weeks of the treatment I noted great improvement. After taking the mineralized Akos water for two months I feel stronger than ever. The frequent calls during the night are now gone, and the action of my bladder and kidneys are normal. My hands no longer continually shake, and I feel better in every way. I will gladly answer by phone or calls any questions regarding what Akos did for me."



John Mahan

Akos will be found effective in treating rheumatism, stomach trouble, liver, kidney and bladder complaints, catarrh, ulcers, piles, skin diseases and other ailments.

Remember, you can get the Akos remedies at the Underwood Pharmacy, Klamath Falls. Call or write for further information regarding this advertisement.